



Staff still backing ferry cuts

Metro Transit report recommends reductions in afternoon, evening and weekend service PAGE 4

HEARTBREAKER IN EXTRA TIME

CANADA FALLS SHORT IN OLYMPIC SOCCER SEMI
DESPITE CHRISTINE SINCLAIR'S HAT TRICK PAGE 20



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Tuesday, August 7, 2012



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ON HIS WAY UP

Halifax's Geoff Harris looks on after competing in the men's 800-metre heat on Day 10 of the London 2012 Games on Monday. Harris finished second in his heat to qualify for Tuesday's semifinals. Story, page 3. STREETER LECKA/GETTY IMAGES



Still on board

• Alexandre Despatie competes in the three-metre springboard final Tuesday. Watch him at 2:55 p.m. on CTV
• MORE OLYMPIC COVERAGE, PAGES 20-21

Pub pride

Rowdy Canucks show their spirit in London. For photo evidence, visit metronews.ca
STORY, PAGE 10

'Everybody would just go ballistic'

Olympics. North Preston boxer Custio Clayton can clinch a medal with quarter-final win Tuesday

Custio Clayton isn't letting himself think too far ahead.

His mother — well, that's a different story.

"Oh my God, if he wins that fight, he will make Canada so, so proud," Elizabeth Clayton said of her 24-year-old son and his quarter-final bout at the London Olympics on Tuesday. "We are so proud of him now, but just knowing that he wins and Nova Scotia is guaranteed a bronze medal, everybody would just go ballistic."

All eyes in the province — and across Canada, for that matter — will be on Clayton as he steps into the ring to face hometown favourite Freddie Evans of Great Britain in the quarter-finals for the 69-kilo-



Custio Clayton
THE CANADIAN PRESS FILE

gram welter-weight division.

The fight will begin at 5:45 p.m.

With a victory over Evans, the North Preston boxer would advance to the semifinals and leave London with at least a bronze medal. That's because the losers of the semifinal bouts don't fight for third, and are each given bronzes.

"That's not even on my mind right now," Clayton said of the medal ramifications of Tuesday's bout. "My main thing is staying focused and going out there and doing what I've worked on and what I know I can do."

Clayton said he's been getting plenty of support from back home in North Preston, as

well as from HRM and the rest of the province.

That support is growing with each victory.

"All of Nova Scotia, and even Canada, is supporting me," said Clayton, who has already recorded two must-win fights so far. "I'm very happy to be here and happy with what I've achieved already, but right now, it's another fight (Tuesday)."

"But I'm ready. Hopefully I can go out there and pull that victory out."

His mother hopes so too. She has enjoyed watching him on TV beside friends and family at the Rodeo Lounge, and seeing the Olympic star he has become.

"Everybody is calling, wondering what time he is fighting (Tuesday) and how he's doing," she said.

"It's people from the community. It's people that I know, friends and family. Even strangers... Everyone is excited to see him." PHILIP CROUCHER/METRO

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Gymnastics

Disappointing end to Olympics for Black

Halifax's Ellie Black couldn't hold back her disappointment.

The 16-year-old Halifax gymnast was unable to complete her two attempts in the women's vault final at the Olympics after injuring her ankle in her first try on Sunday at the North Greenwich Arena in London.

Black was injured after a poor landing that saw her land forward on her knees and ankles.

Black limped noticeably after the fall, and with tears in her eyes, decided to try her second attempt.

But running down for her second go, she stopped right before hitting the vault, favouring her left ankle.

"So far it doesn't look too serious, but it's probably some kind of sprain and definitely sore," her coach, Fall River's David Kikuchi, said of the injury in the statement. "It's very disappointing, but when I look back at everything, she was fantastic and exceeded everyone's expectations."

Black, who helped Canada finish fifth in the overall team competition earlier at the Games, was one of two Canadians who advanced to the eight-person vault final.

PHILIP CROUCHER/METRO



Ellie Black in competition Sunday. QUINN ROONEY/GETTY IMAGES



Halifax's Geoffrey Harris is watched by his fellow competitors during the stretch run of Monday's 800m heat at the Olympics. STREETER LECKA/GETTY IMAGES

Harris finds another gear, qualifies for 800m semifinal

Halifax runner. Track star makes impressive Olympic debut, posts best-ever mark



PHILIP CROUCHER
philip.croucher@metronews.ca

Geoff Harris knows his second-place finish in the qualifying heats for the 800 metres Monday at the London Olympics was a surprise to many.

The 25-year-old Halifax track star went into the Games hearing comments like just making it to the Olympics was an accomplishment, and not much was expected after that.

Well, Harris is show-

ing he not only can hold his own against the world's top 800-metre runners, he's someone to watch out for too.

"I appreciate all those comments, but I'm still here to make my best attempt at getting into the final. And if I accomplish that then I'm going to make my best attempt at winning that race as well," Harris said by phone from London, a few hours after his race ended Monday morning.

"It's never anything more than doing your best." He certainly did his best on Monday. Harris recorded a personal best time of 1:45.97 and, with his top-three finish, guaranteed himself a spot in Tuesday night's semifinals.

Harris was fifth with about 200 metres left, but found an-

other gear to move safely into a top-three position.

"When I do kick it in, I know I can run with the best of them, when I have it. And I knew I had it today," said Harris, whose parents, Graham and Susan, were among the 80,000 people watching from London's Olympic Stadium. "I knew I was at a comfortable pace that I knew there was another gear to kick into."

Harris will run in the last of three semifinals on Tuesday. They are scheduled to begin at 3:55 p.m. Atlantic time. He is running in Lane 2 and must finish in the top two to guarantee himself a spot in Wednesday's final.

"It's going to be a fast race. There are too many good guys for it to go slow," he said.

N.S. Olympians update

Other Nova Scotia finishes from the long weekend.

- Windsor's Ryan Cochrane and his partner, Hughes Fournel, finished last in a semifinal heat in the K-2 1,000 metres on Monday.
- Bridgewater's Jenna Martin failed to advance to the final in the 400 metres after placing seventh in a semifinal heat on Sunday.
- Glen Haven's Danielle Dube finished 27th in women's laser radial.

Mobile news



Age ain't nothin' but a number. So says William Bell, a 90-year-old U.S. athlete. Scan the code to watch him break the pole-vault world record for his age group.

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Metro Transit. Staff want council to get on board with ferry cuts

Metro Transit is recommending it go ahead with proposed cuts to ferry services despite backlash from some councillors.

In a report coming before Halifax regional council Tuesday, municipal staff recommend going forward with cuts to afternoon, evening and weekend ferry service.

The reductions, approved by council with the 2012-13 budget, would see the last ferry depart from Halifax for Alderney Landing at 10:15 p.m. every day.

Metro Transit would also reduce service to every 30 minutes between noon and 2 p.m. on weekdays, and remove service before 11:30 a.m. on Sundays. Two early-morning trips from Woodside would also be chopped.

Collectively, the cuts would save Metro Transit approximately \$423,700 a year.

The service was given a temporary reprieve in May, when councillors voted 18-5 to ask staff to come up with other options. That staff are still recommending scaling back service angers Dartmouth Coun. Gloria McCluskey.

By the numbers

\$423,700

The proposed cuts would save Metro Transit approximately \$423,700 annually.

"It's so short-sighted I can't believe it," McCluskey said Monday. "We're going to have so many more people living in Dartmouth, and to be cutting the ferry, and also when (the Macdonald) bridge, all the renovations or changes to the bridge, we need the ferry even so much more."

Staff did provide options for continuing the service as is — but with a fare or tax increase to cover Metro Transit's shortfall. McCluskey ruled both of those options out.

"I think that the ferries should keep running the way that they are, however they do that, (but) no tax increase, no fare increase," McCluskey said.

"We had hoped they'd come back with something like that ... but they came back with nothing."

ALEX BOUTILIER/METRO

HRM looking into Metro Centre operations

Further scrutiny requested. Outside review could pay special attention to box-office activity



ALEX BOUTILIER
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Municipal staff are asking Halifax regional council to bring in outside help for a "comprehensive review" of the Halifax Metro Centre's operations.

A staff report coming before council Tuesday requests council's authorization for the review, which is expected to pay special attention to box-office operations.

The municipality's audit and finance committee requested the review in the wake of municipal auditor general Larry Munroe's report into Trade Centre Ltd.'s unilateral takeover of box-office operations for the Metro Centre.



HRM auditor general Larry Munroe delivers a report on the concert cash scandal last month. JEFF HARPER/FOR METRO

Munroe found that TCL, a provincial Crown corporation, directly financially benefited from the takeover. Moreover, the auditor general could find no paper trail to indicate that regional council was in the loop on the deal.

"Further study is needed to understand ... what that (revenue) truly could have looked like," Munroe told reporters in July. "But certainly, when you look at it ... that started to be a much greater

revenue stream or contribution stream (for TCL) than what was there previously."

Others, including Premier Darrell Dexter and former TCL president Fred MacGillivray, were skeptical council didn't know about the transfer — considering several councillors and Mayor Peter Kelly sit on TCL's board.

"You also must remember that the mayor of the city of Halifax and two members of council sit on Trade Centre's board," MacGillivray

Venue change

- Council will meet at the World Trade and Convention Centre for the next three months because of upgrades at Halifax City Hall.

told Metro last month. "They would have attended all of the meetings when any of those discussions were taking place."

Kelly, for his part, denied having any knowledge of the transfer when it occurred in 2007, and claimed he rarely attends TCL board meetings.

Staff estimate that a further study into the transfer will cost the municipality approximately \$50,000. If approved, the consultant would report to the audit and finance committee.

The municipal review comes as the provincial auditor general, Jacques Lapointe, is signalling he'll be auditing Trade Centre Limited's operations.



Are you on the Voters List?

The Halifax Regional Municipality will be conducting REVISIONS TO THE VOTERS LIST from **July 30, 2012 to August 24, 2012.**

The purpose of the revisions period is to update the List of Electors by adding, changing or removing voter information to ensure this list is accurate. Voter notification letters will be sent out to individuals on the Voters List starting September 24, 2012. Watch for your letter in the mail.

Your name may not appear on the Voters List if you have recently:

- moved to HRM
- turned 18 years of age or will turn 18 on or before October 20, 2012

Your information may need correction if you have recently:

- changed addresses within HRM
- changed your name

Other reasons to contact the Elections Office include:

- a member in your household recently left HRM
- a member in your household is recently deceased

How do I confirm my name on the Voters List?

Visit: halifax.ca/election

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TDD: (902) 490-6645

Toll free: 1-888-490-VOTE (8683)

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HRM Election Office hours during revisions are 8:30 a.m. - 4:30 p.m., Monday to Friday.

You can be added to the Voters List if you are: 18 years of age or older on October 20, 2012, a Canadian citizen, and a resident of HRM for at least three months prior to the election.

Can I still vote if I am not on the Voters List?

YES, ABSOLUTELY!

During the ADVANCED ELECTRONIC POLL, Saturday, October 6, 2012 to Thursday, October 18, 2012, bring your ID which also has your address to any of the advertised registration locations* throughout HRM, where you will be sworn in and receive your voting credentials.

OR

On ELECTION DAY, Saturday, October 20, 2012, bring your ID which also has your address to YOUR LOCAL POLL (VOTING) locations where you can be sworn in and cast your ballot.

WARNING: Do NOT provide your **private voter information** (address, date of birth, etc.) to anyone but an Election Officer at an OFFICIAL registration or poll location or through the HRM Election Office.

*E-voting registration poll locations will be posted on HRM's website.

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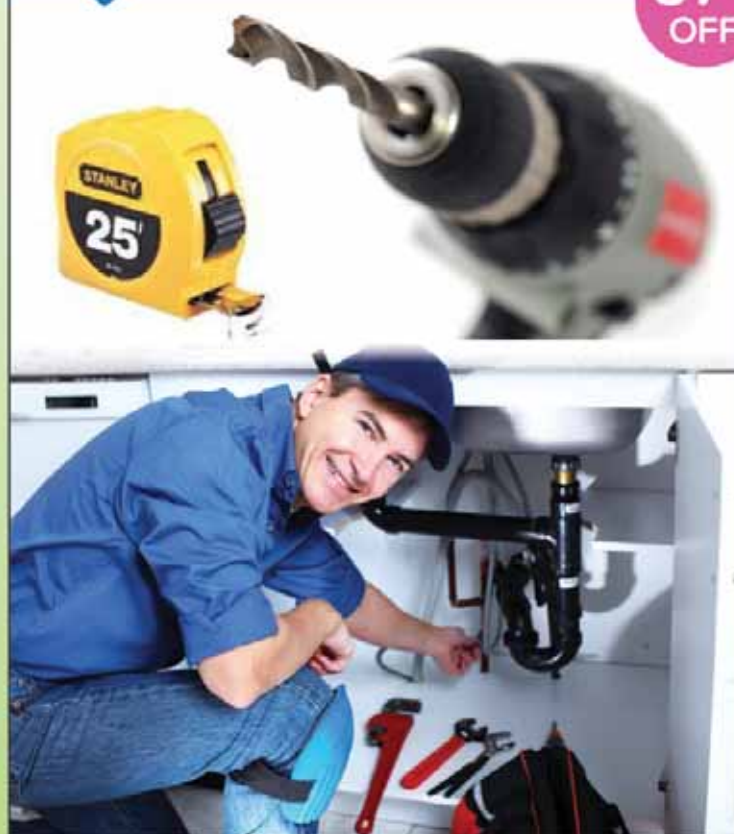
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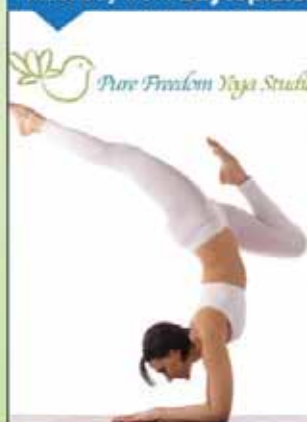


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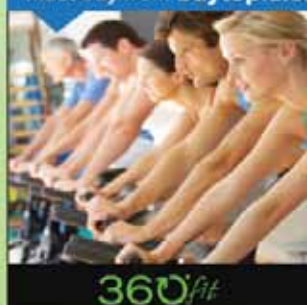


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Sidewalk tax on the block

Deliberation. Current new tax options providing plenty of confusion, says report



ALEX BOUTILIER
alex.boutilier@metronews.ca

Halifax Regional Council will be asked to develop a new taxation system for new sidewalks in the municipality.

Municipal staff have provided four broad options for a new system to replace the current "confusing array of taxes and charges used" to pay for new sidewalks.

Those options include local improvement charges, wherein residents with properties abutting the new sidewalk would pay for that sidewalk; or a local-area rate, which would charge anyone within a certain distance of the new sidewalk.

Staff are also floating the idea of using a combination of area rates for local roads, while taking money from the general tax rate for sidewalks on highways and arterial roads.

Monetary gain

\$880K

Estimated amount HRM will bring in from local improvement charges for new sidewalks in 2012-13.

While the options are broad, staff seem to be suggesting the mix of general tax revenues and a new local-sidewalk tax would make the most sense.

Tuesday's information report to the council comes on the heels of a January report outlining the possible changes.

"Generally speaking, such systems can place local control and the resulting cost of building a sidewalk onto the individual home ... or can give control and the costs to the broader community," that report reads.

"HRM appears to be achieving the worst of each world."

A full analysis of how the costs would affect taxpayers has not been done. That will have to wait until council decides which system it will implement. The report suggests suburban taxpayers will likely pay more, while urban taxpayers will likely pay less.



Highs and lows at the Natal Day Parade

A unicyclist and a clown ham it up for the crowd on Gottingen Street during the annual Natal Day Parade on Monday morning. JEFF HARPER/FOR METRO

Halifax ferry

Two teens face weapons charges

Police say a 17-year-old is due in court on Tuesday for having a loaded revolver near the Halifax ferry terminal on Saturday night.

Just before 9 p.m., Halifax police responded to a disturbance near the terminal after reports of a male having a gun.

The teen was arrested and the gun was seized, police say. Another teen, aged 16, was also arrested for having a knife. Both youths are facing weapons charges.

PHILIP CROUCHER/METRO

Forbes Street

Police investigate weekend stabbing

Halifax police are investigating after an altercation sent one person to hospital.

Police were called to an area of Forbes Street in Halifax after 8 p.m. Saturday.

They say several individuals were outside an apartment and were involved in an altercation.

Officers say one person suffered non-life-threatening injuries as a result of a stabbing. THE CANADIAN PRESS

APPLICATIONS INVITED

Minister's List of Arbitrators Labour and Advanced Education

The Minister of Labour and Advanced Education is seeking applications for the Minister's List of Arbitrators under Parts I and II of the Trade Union Act.

Applicants will be assessed on the following:

- Ability to act in an impartial and neutral manner as an arbitrator in labour relations matters;
- Experience in labour relations dispute resolution (chairing boards of arbitration or acting as a sole arbitrator, acting as a nominee for a party in an arbitration case, presenting cases to Labour Tribunals, etc);
- Knowledge of labour law, employment law and/or human rights law; and,
- Demonstration of judgment, impartiality and objectivity, integrity, and a commitment to hold hearings and render decisions in a timely manner.

Applications will be reviewed by the Arbitration Advisory Committee. Details on assessment of qualifications and further information is available at:

www.gov.ns.ca/lae/conciliation/arbitrat.asp

Interested applicants are asked to submit a cover letter and resume detailing their qualifications, including samples of adjudicative decisions, by **August 17, 2012** to:

Minister Marilyn More
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Cabbies at wheel to protest proposed rate, zone changes

Taxi drivers will be staging a protest in Dartmouth this Wednesday.

A long-awaited staff report and recommendations for changes to the taxi industry will be presented to Metro's transportation committee.

A representative of the Halifax Taxi Drivers Owners Association told Metro taxi drivers will protest the 1 p.m. meeting at 90 Alderney Dr. over a number of items they disagree with, such as a lack of enthusiasm for a medallion

system of passing down taxi licences, extending the open zones and a smaller-than-expected rate increase.

The last bump to taxi rates was in October 2005. Staff are proposing a 8.9 per cent blended rate, which includes the initial charge, travel rate and waiting time. For example, a 10-kilometre taxi trip would increase from \$17.88 to \$19.48.

Staff is also recommending an extension to the open zones to allow for more taxis to be

available to get patrons home from the downtown bars. Staff says the zones should be open Thursday at 11 p.m. to Friday at 6 a.m., Friday at 11 p.m. to Saturday 6 a.m., and Saturday at 11 p.m. to Sunday at 6 a.m.

"Current zone restrictions remain an obstacle to enhancing public safety," says the report.

"Staff are therefore recommending the zone hours be extended in accordance with the (Halifax Regional Police) request." JENNIFER TAPLIN/METRO



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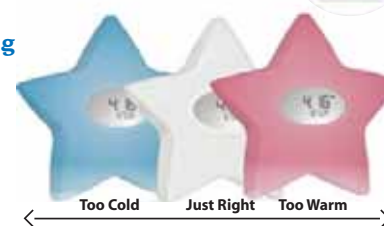


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Midwifery takes baby steps, but more needed: Critics

Home birth. Report recommends hiring of 20 full-time positions in Nova Scotia by 2017

Shannon MacDonald wanted her baby to be born at home in the Cape Breton Highlands. But she delivered her child in Ottawa instead over what she says is Nova Scotia's lack of progress on midwifery.

"I wanted my daughter's birth story to be based in my community so her origin would be there and she would

always feel connected to our history," MacDonald said in an email from Sweden.

She said her decision to have her daughter in Ottawa in November 2011 was "incredibly sad" but necessary after the province passed legislation in 2009 that she believes restricts access to home birth.

The legislation, which regulated midwifery in the province, allows women to choose if they want to give birth at home and whether they want their primary care provider to be a doctor, midwife or obstetrician. But three years later most still don't have that choice, say

By the numbers

6

Number of midwives currently in N.S.

critics of the province's midwifery program. A July 2011 report commissioned by the provincial government warned the midwifery program wouldn't survive if Nova Scotia didn't provide more resources.

Leslie Niblett, a midwife at the South Shore Regional Hospital in Bridgewater, said regulation was a positive step but more needs to be done to boost

the number of midwives in the province.

"We need to be on call 24 hours a day, seven days a week in order to be able to provide to all the clients that want and need (home birth)," said Niblett.

Nova Scotia's midwifery program has drawn criticism because midwives who don't work in three of the province's nine health district health authorities face higher costs.

Unlike their counterparts in the three assigned health districts, their services aren't covered by the province.

THE CANADIAN PRESS

Yarmouth County

RCMP probe home invasion

Mounties are investigating a home invasion and assault in Yarmouth County.

Officers responded to the incident at a home on Highway 1 in Darlings Lake around 5:40 a.m. Monday.

Police say a 26-year-old man and a dog were assaulted during the forced entry and suffered serious injuries. They say a 23-year-old woman who was also inside wasn't hurt. Police had been looking for a 26-year-old with injuries, but he has since been located and is receiving medical attention.

THE CANADIAN PRESS

And their dog too

Campers saved from coyotes

The RCMP in Cape Breton rescued three campers and their dog from coyotes on Saturday night.

The trio was camping roughly 40 kilometres from Baddeck.

Police say the campers were surrounded by several coyotes trying to get into their tent around 10 p.m.

Personnel from the Coast Guard Reserve helped locate and remove the campers from the site by boat.

One of the campers received minor injuries from trying to climb into the boat. THE CANADIAN PRESS



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Mars rover sends back first images

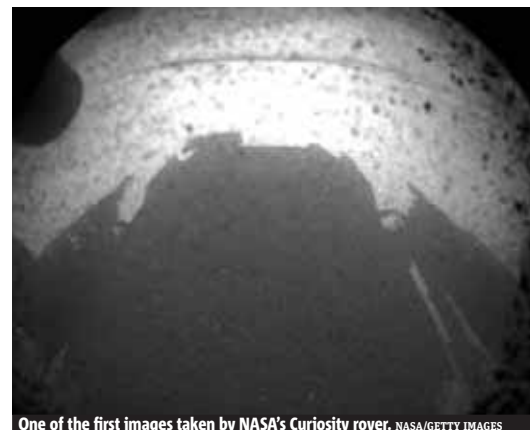
Touch down. NASA's seventh landing a success after 'seven minutes of terror'

The robotic explorer Curiosity's daring plunge through the pink skies of Mars was more than perfect. It landed with spectacular style, said a NASA scientist who described the first images of its gymnastics through the so-called "seven minutes of terror."

Hours after the U.S. space agency learned the rover had arrived on target late Sunday, engineers and scientists got the first glimpses of the intricate manoeuvres it made to hit the Martian soil safely. "It's a spectacular image," said NASA research scientist Luther Beegle. The photo, taken from an orbiting Mars spacecraft, shows Curiosity dangling from its supersonic parachute as it descended.

The extraterrestrial feat injected a much-needed boost to NASA, which is debating whether it can afford another robotic Mars landing this decade. At a budget-busting \$2.5 billion, Curiosity is the priciest gamble yet.

THE ASSOCIATED PRESS



One of the first images taken by NASA's Curiosity rover. NASA/GETTY IMAGES

Mission to Mars

Canada plays a role

NASA's Mars rover Curiosity will use a Canadian-made instrument the size of a soup can to gather information that will help Earthlings answer importation questions about our own planet, according to the Canadian Space Agency.

"The object of the

mission is to see if Mars ever had, or still has, the conditions to support life," Canadian Space Agency director of space exploration projects Stéphane Desjardins said Monday.

Curiosity's Alpha Particle X-Ray Spectrometer, built in Ontario and attached to a robotic arm, will play a key role in collecting data, Desjardins said.

JESSICA SMITH/METRO IN OTTAWA

Olympic distraction

Bottle-thrower not welcome at the Games

An Olympic spectator accused of hurling a plastic bottle onto the stadium track seconds before the men's 100-metre final pleaded not guilty Monday to creating a public nuisance.

District Judge Angus Hamilton banned Ashley Gill-Webb, 34, of Leeds in northern England, from any Olympic venue and the entire Olympic Park for the duration of the Games.

Gill-Webb's actions enraged Dutch judo bronze-medal winner Edith Bosch, who was inside the stadium near him. She told Dutch TV she intervened after the bottle was thrown and pushed Gill-Webb in the back, causing her to miss the race.

Police said Gill-Webb is alleged to have also shouted abuse before hurling the bottle just before the race began.

THE ASSOCIATED PRESS

Quebec. Political party gives the boot to the Canadian beaver

Who could resist a cuddly cartoon Canadian beaver, purring as it rubs against your leg with a broad, buck-toothed smile creasing its face underneath a Mountie stetson?

The political party Quebec solidaire, that's who.

In fact, in an election ad designed to put to rest doubts about its support for Quebec independence, a stick figure gleefully boots the furry national rodent right off the screen.

The crudely drawn cartoon ad has been posted to the Internet and is one of five that

Quoted

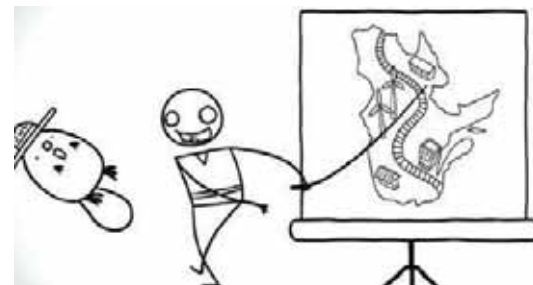
"The Quebec solidaire program is very clear on the fact that it's independentist."

Sound bite from new advertisement

the small left-wing party says is aimed at clearing up misconceptions about it.

The party has been under attack lately by opponents who accuse it of selling out the independence movement.

THE CANADIAN PRESS



A stick figure kicks a Stetson-wearing beaver in a scene from a promo spot on the Quebec solidaire website. THE CANADIAN PRESS/HANDOUT

Shooting suspect was white supremacist: Rights group

Tragedy. Wade Michael Page shot dead by police after six were killed by gunfire at Sikh temple

The gunman who killed six people at a Sikh temple in Wisconsin and was killed in a police shootout was a 40-year-old army veteran, officials said Monday, and a civil-rights group identified him as a "frustrated neo-Nazi" who led a white-supremacist band.

Police called Sunday's attack an act of domestic terrorism. The FBI said there was no reason to think anyone else was involved in the attack, and they were not aware of any past threat made against the temple.

The shooter was Wade Michael Page, said First Assistant U.S. Attorney Greg Haanstad in Milwaukee. Page was discharged from the army in 1998

Quoted

"To see our community to go through something like this is numbing."

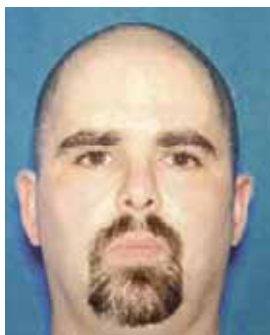
Gurpreet Kaur, 24

and declared ineligible to re-enlist, according to a U.S. defence official who spoke on condition of anonymity because he was not authorized to release information about the suspect.

Officials and witnesses said the gunman walked into the Sikh Temple of Wisconsin and opened fire as several dozen people prepared for Sunday-morning services. Six were killed, and three were critically wounded.

The federal Bureau of Alcohol, Tobacco, Firearms and Explosives said the gunman used a legally purchased 9mm handgun and multiple magazines of ammunition. Local authorities said they had no contact with Page before Sunday.

THE ASSOCIATED PRESS



People console each other on Monday near the Sikh Temple of Wisconsin where the day before a gunman fired upon people at service in Oak Creek, Wis.

Inset: Wade Michael Page. MAIN: DARREN HAUCK/GETTY IMAGES; INSET: FBI/THE ASSOCIATED PRESS

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From left, Josh Richardson, Chelsea Horncastle, Steve Mancell and Ethan Shea, all from British Columbia, play cards at the Maple Leaf pub in London, England. LAURA FORTEY/FOR METRO



Patrons at the Maple Leaf pub react as Victoria's Ryan Cochrane wins silver in the men's 1,500-metre freestyle on Saturday. LAURA FORTEY/FOR METRO

Red, white and brews at London's Maple Leaf pub

Waving the flag.
Canada-themed bar in Olympic host city draws patriotic fans

LAURA FORTEY
For Metro Canada in London, England

London's only Canadian pub, the Maple Leaf, has been rowdy throughout the Games.

Canadian tourists and expats have been flocking to the Covent Garden bar to cheer our athletes, said general manager Luigi Palmieri.

"The pub is always busy, but these Games have really brought out the Canadian spirit," he said.

When Victoria swimmer Ryan Cochrane won silver in the 1,500-metre freestyle, pub-goers were on their feet cheering him on. One fan, Mark Featherstonhaugh, said he has been friends with Cochrane since elementary school.

"We came to London to watch him, but couldn't get tickets. We thought the second-best place to see him would be this Canadian bar."

Calgarian Mike Gusella



Calgarian Mike Gusella, who said he took a detour in his around-the-world trip for the Olympics, with Metro's "pub correspondent" Laura Fortey. For more photos of the Maple Leaf pub, go to metronews.ca/olympics. METRO

said it was "imperative" that he make a detour in his six-month, around-the-world adventure to come to London for the Games, no matter the price.

"I went to the '88 Games in Calgary when I was 12 and

I was hooked ever since," said Gusella, who was at the Maple Leaf on Saturday.

Decorated head to toe in red with a flag for a cape, Ken Ferguson from Stratford said he loves that he's in London with fellow Canucks, drinking

Canadian beer and cheering on our Olympians.

"I love the Canadian perspective of this pub and the fact that it's not just here for the Olympics," said Ferguson.

Patrons said that anyone wearing red, or anything

patriotic, served as a conversation starter." In between cheering during Olympic events, people seemed to reminisce about home and seemed content to share poutine and plates of nachos with strangers from the homeland.

Moosehead, poutine & caesars

There's a familiar feeling to the Maple Leaf pub in London. The walls are cluttered with Canadian sports gear; Canadian flags hang from the ceiling; and menu items include poutine, Molson Canadian, Moosehead and a specialty wing night. It's usually busy on Canada Day and has become the place to cheer on Canadian Olympians.

Once owned by Molson, the Maple Leaf just celebrated its 30-year anniversary. General manager Luigi Palmieri said

Canadians come for the food, beer and familiarity. It might be the only place in town to get a caesar.

How authentic is the fare?

"Although they try, the poutine isn't as good as it could be because cheese curds don't pass the food-safety laws in the U.K., so they have to use normal cheese," said Maple Leaf bartender Richard Hinton from Scarborough, Ont.

The Maple Leaf is popular with Brits as well.

"British people just love

this pub and come here for the Canadian attitude," said Scott Palmer, a Calgarian-Londoner who wore a bear suit to the Canada-U.S. women's soccer game on Monday.

Although general manager Palmieri is not Canadian, he said he loves working at the Maple Leaf and never has trouble finding or keeping Canadian staff, who make up 90 per cent of the employees. "I love Canadians. They are always so friendly and smiling and they work hard."

LAURA FORTEY/FOR METRO

Taste of home

Expats crave Timmies coffee, KD

A few doors down from the Maple Leaf pub is a Canadian-food store that is popular with expats looking for a taste of home.

The shop started as an Australian-food shop and over the years added South African, New Zealand and Canadian items.

"Sometimes I go to the Canadian-food shop just to get Clamato juice to make caesars. It's the only place I can get it," said Sarah Weber, a Londoner originally from Orillia, Ont. Ty Flavell, business manager of the shop, said Canadians get really excited to see items from home, especially Tim Hortons coffee, Kraft Dinner and Lay's Dill Pickle chips. "Over the past week, Canadians have been rushing in here last-minute for Canadian flags to wave at the Games," said Flavell. The cost of home?

- Tim Horton's coffee (343 g): \$17.55
- Lay's chips (40 g): £1.30 (\$2)
- Cleary's Maple Syrup (250 mL): £8.15 (\$12.70)
- Cans of Molson Canadian: one for \$3; six for \$16.40; 24 for \$58.50.

LAURA FORTEY/FOR METRO



Canada Shop manager Ty Flavell with two best-selling items — Kraft Dinner and Tim Hortons coffee. LAURA FORTEY/FOR METRO



The Maple Leaf pub in Covent Garden in London, England. LAURA FORTEY/FOR METRO

Food prices could spike by 4% in 2013

U.S. drought.

Economists predict extreme temperatures in the Midwest will affect food production on all levels

Food prices may grow by as much as four per cent next year, economists predict, as drought conditions in the U.S. are expected to inflate the cost of everything from pork to cereal.

Extreme drought conditions in several U.S. Midwest states are causing corn and soybean crops to wither, and analysts say the effects will ripple through the food chain.

Tim Hortons raised the



A drought-damaged ear of corn in Westfield, Ind., Wednesday.
MICHAEL CONROY/THE ASSOCIATED PRESS

price of certain baked goods and lunch items last week, citing higher operating costs and pricier ingredients.

The coffee-and-doughnut chain said the price of a muffin is five cents higher, while sandwiches have gone up by

about 10 cents. The price of coffee has not changed.

And Maple Leaf Foods president and CEO Michael McCain warned last week that the food processor will have to jack up its prices.

Because Maple Leaf buys ingredients in advance, consumers likely won't see higher prices for its products until the end of this year, McCain said.

Analysts also noted last week that food producers from bakery giant George Weston to pop and juice maker Cott Corp. could face higher costs on their key ingredients like flour and sugar. But they also said that grocery stores, facing an increasingly competitive market, may be hesitant to pass the costs onto consumers.

THE CANADIAN PRESS

Settlement. Exotic-wood violation gives Gibson Guitar \$600,000 US Blues

Gibson Guitar Corp. avoided a criminal prosecution after the instrument maker acknowledged its importations of exotic wood violated environmental laws.

Nashville-based Gibson agreed to pay a \$300,000 US penalty, forfeit claims to about \$262,000 worth of wood seized by federal agents and contribute \$50,000 to the National Fish and Wildlife Foundation to promote the conservation of protected tree species.

Gibson didn't immediately respond to a request on Monday for comment. The privately held company is considered one of the top makers of acoustic and electric guitars, including the iconic Les Paul introduced in 1952.

Gibson's decision to cooperate with the federal Lacey Act banning the import of endangered wood



Gibson Guitar CEO Henry Juskiewicz speaks about a raid by federal authorities, at the plant in Nashville, Tenn., in this 2011 file photo.
SAMUEL M. SIMPKINS/THE TENNESSEAN/THE ASSOCIATED PRESS

products stood in contrast to a publicity campaign mounted in protest after agents raided Gibson facilities in Memphis and Nashville.

CEO Henry Juskiewicz at the time denounced the raids as overzealous federal regulation that threatened

American jobs.

The settlement says a Gibson employee learned during a 2008 trip to Madagascar that it was illegal to import unfinished wood and sent a report about it to his superiors.

THE ASSOCIATED PRESS

Safety regulation

Don't drink and fly

Australia's air-safety regulator says Qantas Airways Ltd. has suspended a pilot for attempting to fly while under the influence of alcohol — exceeding the limit for pilots of 0.02 per cent.

THE ASSOCIATED PRESS

Electronics retailer

Best Buy going private?

Best Buy's founder Richard Schulze said Monday he wants to take the electronics retailer private by buying up all of its shares he doesn't already own.

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Iran 4.9¢/min	Israel 1.9¢/min	Italy 1.9¢/min	Sri Lanka 9.9¢/min	Lebanon 7.9¢/min	Mexico 1.9¢/min	Pakistan 3.9¢/min	Philippines 10.9¢/min	Kazakhstan 4.9¢/min
Poland 1.9¢/min	Romania 1.9¢/min	Russia 1.9¢/min	South Korea 1.9¢/min	U.A.E. 14.9¢/min	Ukraine 8.9¢/min	U.K. 1.9¢/min	Vietnam 3.9¢/min	Saudi Arabia 7.9¢/min

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LIVE FROM LONDON: KEEP CALM AND LINE UP



SHE SAYS...
Jessica Napier
metronews.ca/voices/
she-says

This week I'm reporting live from London, England, at the 2012 Summer Olympics. No, not because some glamorous media organization paid for my airfare and hotel expenses

in exchange for my witty sports commentary, but because my cousin decided to get married. In England. During the middle of the Olympics. Did I mention he's actually from America? You've got to love family.

Yes, I have the distinct pleasure of being an unintentional tourist in a city gripped by Olympic madness. As a less-than-enthusiastic sports fan — I'd prefer to watch an intense episode of Big Brother over an hour of long jump — it's rather ironic that I've found myself in the epicentre of the world's largest sporting event.

Medal-worthy travelling

"Having never travelled to an Olympic host city during the actual games (because why would you?), I thought this would be a remarkable new experience."

all the action is taking place.

I read in the Daily Mail that there are almost twice as many troops on the streets of London compared to the U.K.'s current deployment in Afghanistan. When I arrived, I expected the city to look as if it decided to host a fortnight's worth of New Year's Eve parties during the Second World War and invited the entire planet to come watch.

In reality, I haven't seen any army folk, although that could be because they have been positioned to fill empty stadium seats. I actually have no idea if the Olympics are still happening. I've spent hours stuck in lineups (sorry, we're in England, so "queues") and squished into packed buses with sweaty spectators and disgruntled commuters. Every day is my own personal marathon of patience and endurance.

Rumour has it that there are some actual sporting events going on in the east end, but the teenage hooligans hurdling over the turnstiles at King's Cross are the closest I've come to witnessing any impressive athletics.

In the end, the crowds and the traffic jams and even the rain have not dampened the spirits of the British sports fans. Most of them have kept a stiff upper lip about the city-wide takeover; the rest of them have taken off to various other European destinations to escape the pandemonium.

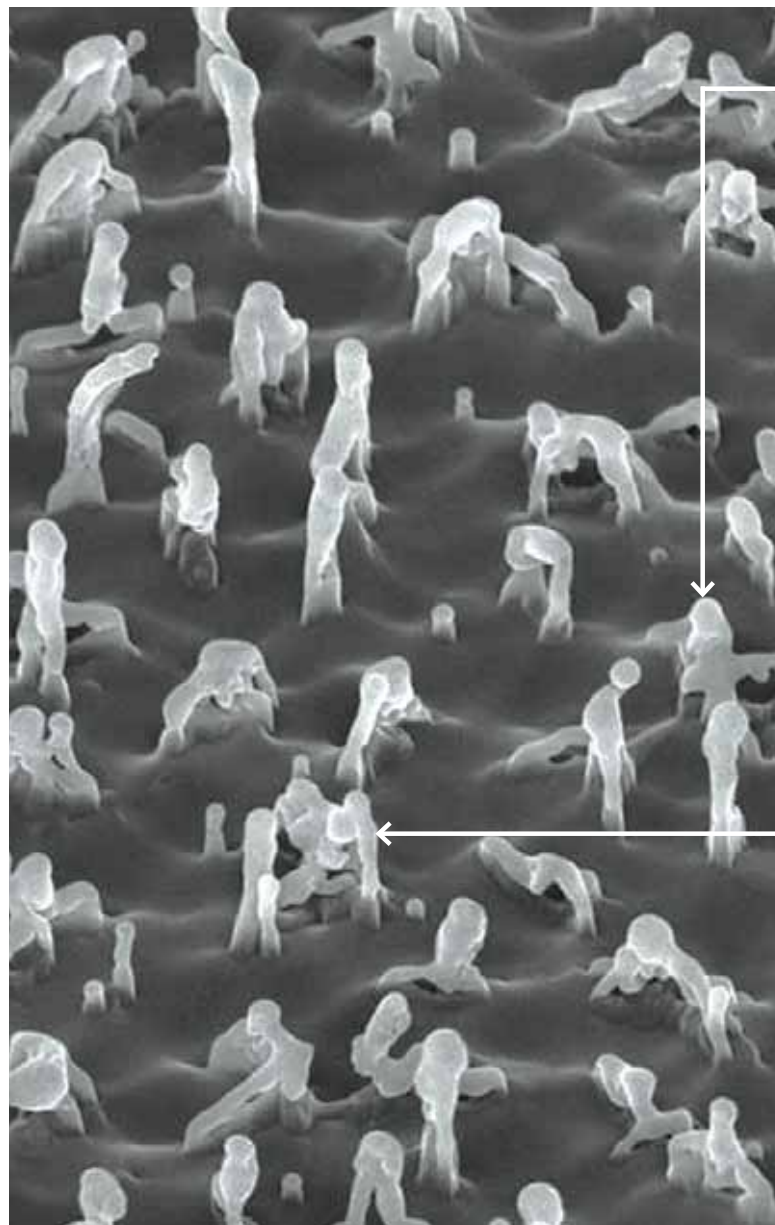
My main coping strategy to survive the mania? Find the closest pub, order a pitcher of Pimm's and join the locals in cheering on the men and women of Team GB.

Follow Jessica Napier on
Twitter @MetroSheSays



A little lost in London? Cheer for Team GB to mesh with the crowd.
DAN KITWOOD/GETTY IMAGES

'Nudist beach' under the microscope



LIM SAW SING/REX FEATURES

Electric orgy?

Semiconductor nudes win contest

This curious photograph appears to show a large orgy of naked people frolicking on a beach. But it's actually an electron image taken under the microscope. The bizarre shot is the winner of the Art of Failure Analysis photography competition, run by the IEEE (Institute of Electrical and Electronics Engineers). **METRO**

Contest facts

- The contest sees engineers showing the fun side of their research in microelectronics technology. The analysts work on "failure analysis," the process of investigating why a particular electronic component fails.
- The main judging criteria is the aesthetic aspect of the image.

Nudist colony

What the image actually depicts

The winning image, entitled People on the Beach by Lim Saw Sing, who works at German semiconductor manufacturer Infineon Technologies' facility in Kulim, Malaysia, depicts a polyimide surface after exposure to reactive ion etching and sputter coating. But for Sing, the image of the semiconductor shows nudists cavorting on a beach. **METRO**



Twitter

@maaaarrrry:

In #Halifax I wish I was in Ontario's hot weather. In #Ontario I wish I was in Halifax's tolerable weather.

@danabeeler:

so... I'm starting all my birthday celebrations today, for the next 6 days.. get ready Halifax, who wants to party?

@ohamain:

I love Natal Day, even in the rain!

#Dartmouth

@HFX_Headlines:

NOVA SCOTIAN'S TAKE DAY OFF TO WORSHIP LORD NATAL, OR SOMETHING. Residents enjoy day off despite having no clue as to why it's a holiday.

@krysbythewater:

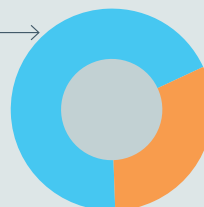
when you can't park In your usual work spot cause there's someone and a horse blocking it #HRMProblems #Halifax



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DVD reviews



Dr. Seuss' The Lorax

Directors. Chris Renaud, Kyle Balda

Stars. Zac Efron, Taylor Swift, Danny DeVito

It has Dr. Seuss in the title, but not in its soul. This CGI-rendered and 3D-padded screen adaptation of *The Lorax*, the eco-themed 1971 tale by the late Dr. Seuss, feels like just another studio cartoon. There's loads of bright colour, but little of the enchantment of more Seussian screenfuls. The Lorax presents a walled and tree-less place named Thneed-Ville, a synthetic suburb where people worship plastic instead of plants. Not everyone, though: teen cutie Audrey (Taylor Swift) yearns for a real tree, and her lovestruck swain Ted (Zac Efron) aims to oblige.

He sets off on a voyage outside Thneed-Ville's confines. The envoi message is all to the good, but the characters just don't do Seuss justice.

PETER HOWELL

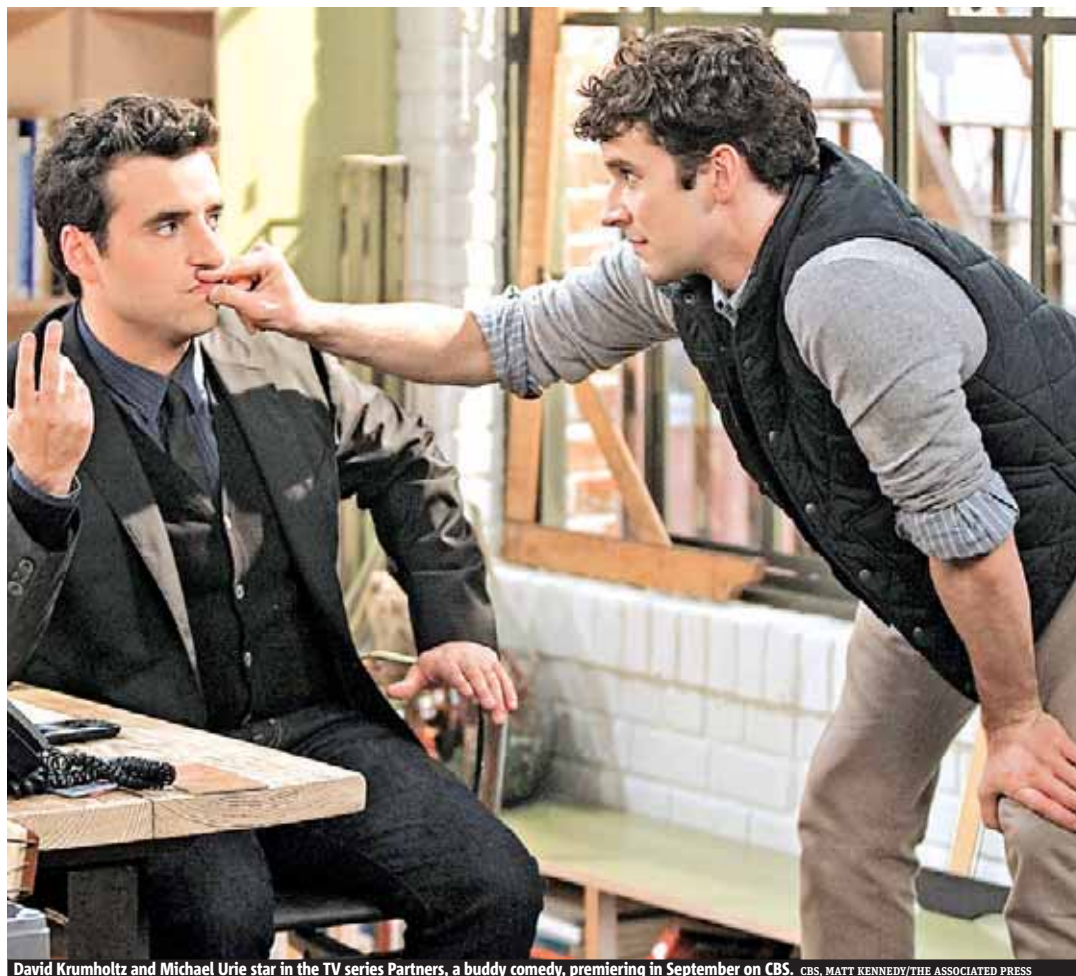
Marley

Director. Kevin Macdonald

Stars. Bob Marley, Ziggy Marley, Jimmy Cliff

A leisurely but thorough biodoc of Jamaican reggae great Bob Marley, showing how the humble man became the superstar artist. Oscar-winner Kevin Macdonald (*One Day in September*) canvasses every aspect of Marley's brief life. Everyone's heard from, including Marley's widow Rita and a couple of his former mistresses.

PETER HOWELL



David Krumholtz and Michael Urie star in the TV series *Partners*, a buddy comedy, premiering in September on CBS. CBS, MATT KENNEDY/THE ASSOCIATED PRESS

'It's like there should be a show about it!'

Laughing at real life.

New sitcoms draw inspiration from their creators' worlds

Partners

"I think every gay man should have a straight man in his life."

Max Mutchnick, co-creator with David Kohan of the new CBS series *Partners*. The best-friends dynamic in the TV comedy is inspired by the friendship of Mutchnick and Kohan.

Got a goofy older brother? Parents you still live with even though you're grown up? An unconventional friendship?

If so, you're too late to turn those ideas into a hit sitcom.

But while you comb your life for something else to fuel a comedy that a network will love, consider three fall sitcoms spawned from the personal lives of their creators.

CBS' *Partners* explores the lifelong friendship of Louis, who's gay, and Joe, who's straight, as they navigate their architecture business and their respective romantic ties. Their best-friends dynamic is inspired by the friendship of Max Mutchnick and David Kohan, who met in high school and, after part-

nering as TV producers, co-created shows including the megahit *Will & Grace*.

There's no attempt to hide the lineage of Fox's *Ben & Kate*. It's the tale of a free-wheeling brother, Ben, who comes back into the life of his single-mother younger sister, Kate, to serve as a surrogate dad while continuing his life-long role as a mischievous child. The show is based on the relationship of its creator, Dana Fox, with her own big brother, whose name is, yes, Ben.

Meanwhile, ABC's *How to Live with Your Parents for the Rest of Your Life* finds a young mom from a broken marriage seeking refuge at her parents' with her young daughter. It was drawn from

the domestic situation of creator Claudia Lonow, who well into adulthood and despite career success, including producing the sitcom *Less than Perfect*, continues to live with parents she describes as "charismatic," "super entertaining" and "very weird."

"I've been living there for 15 years, and I've been (developing) the show for about 12," Lonow told reporters this week at the Television Critics Association conference.

Like Polly (played by Sarah Chalke), who descends on TV parents Brad Garrett and Elizabeth Perkins, "I did show up at their doorstep and say, 'I hope this isn't a bad time for YOU, because it is for ME.'"

"They reacted like any loving mother and stepfather

would," Lenow recalled, and took her and her daughter in.

"We slept in the weight room on a cot for a while. And then, when it was time for my daughter to go to grammar school, I bought a house with them. I know it was crazy," she said with a laugh.

"It's like there should be a show about it!"

Sitcoms that smack of autobiography are nothing new, of course. *I Love Lucy*, 60 years ago, took its cue from the show-biz-infused marital life of Lucille Ball and Desi Arnaz.

But Dana Fox has been gathering material for *Ben and Kate* since the cradle thanks to her brother, Ben, who's two years her senior.

She describes him as a "Ferris Bueller-type guy ... a really, really smart guy who intentionally does incredibly dumb things that would get us into so much trouble. 'He usually has a totally bizarre logic to all of his behaviour.'"

THE ASSOCIATED PRESS

2 SCENE

On the web



Wildlife fan Betty White loved *The Lorax*'s environmental message



Macaulay Culkin ALL PHOTOS GETTY IMAGES

Culkin not Home Alone as tabloids claim illness

While tabloid stories claim he's dealing with a massive heroin addiction, Macaulay Culkin made an appearance over the weekend at Natalie Portman's wedding in Big Sur, Calif., according to *Us Weekly*. Culkin and Portman have been close friends for years, and the *Home Alone* star was spotted in February playing with Portman and her infant son, Aleph — right

around the time photos surfaced of him looking gaunt and thin, sparking rumours about health issues.

"Macaulay Culkin is in perfectly good health," his rep said at the time. Culkin also popped up this week looking energetic and happy in a YouTube video promoting Macaulay Culkin's iPod, a monthly party he hosts at a bar in New York City.

Another hit-and-run accusation against Bynes

Amanda Bynes is facing accusations of a fourth hit-and-run collision in as many months. According to *TMZ*, a Los Angeles woman claims Bynes rear-ended her and — after a brief conversation during which the actress "looked like a hot mess" — took off without exchanging insurance information. The woman says Bynes "seemed nervous about" exchanging info and kept insisting the damage to the woman's car didn't look that bad. Bynes was arrested on suspicion of driving under



Amanda Bynes

the influence in April after she hit a sheriff's car, and she was allegedly involved in two hit-and-run incidents in May.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Fighting words from Elton John

THE WORD
Monica Weymouth
scene@metronews.ca

We're professional gossips over here. Trash talking, unnamed "sources," Twitter fights among grown men: It all comes with the territory, and there's not much that surprises us in this post-*Real Housewives* world. Except, of course, for Mean Girl at Large, Elton John.

During an interview with Australian TV host Molly Meldrum, Elton let loose when discussing Ma-

donna.

"Why is she such a nightmare? Sorry, her career is over," he said. "Her tour has been a disaster and it couldn't happen to a bigger c—."

We feel a back-handed compliment coming on: "If Madonna had any common sense she would have made a record like *Ray Of Light* and stayed away from the dance stuff and just been a great pop singer and make great pop records, which she does brilliantly," he continued. "But no, she had to go and prove she looks like a f—ing fairground stripper."

Now, do we agree with him? No. But we do respect his expertly conjured tornado of British crankiness and rhinestone platforms.



Prince William

Prince William able to avoid 'kiss cam' so far

Prince William may be used to living his life in public as a member of the royal family, but that doesn't mean he's thrilled about public displays of affection — especially when it's broadcast on a massive screen at an Olympic event. "I was absolutely dreading

they were going to come and show myself and my wife, and that would have been very embarrassing," William says of the idea of he and Kate Middleton showing up on the "kiss cam" at London's Olympic Velodrome. So far, they've evaded the cam's gaze.

Twitter



@wossy

Am playing a drinking game called Ring of Fire. With my children. I am the posemaster.



@jessicaalba

Got to get showered dressed & out the door family in tow in 20 min - GO!



@TheRealRoseanne

i am no longer running against 3rd party candidates! I'm RUNNING AGAINST ROMNEY AND OBAMA on behalf of the people of the USA! peace&freedom!



@AlbertBrooks

To silver and bronze medalists, contact me. I know a guy downtown that will turn those into gold

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CELIA MILNE
life@metronews.ca

"I don't have time" doesn't cut it as a reason to not exercise.

Short, intense workouts

can hugely improve your fitness.

"Go hard for various bursts of time and then earn a few seconds of rest. These types of workouts can be done in just 30 minutes and are definitely effective," says Sammie Kennedy, CEO and creator of Booty Fit Express in Toronto. We asked her to design some cottage workouts.

People used to think you had to exercise for long periods of time (such as going for an hour-long run) to get fit.

Then, in 1996, Japanese research Dr. Izumi Tabata dis-

covered that only 20 seconds of very intense exercise, followed by 10 seconds of rest, repeated eight times, has both anaerobic and aerobic benefits.

"High-intensity interval training (HIIT) is incredibly time efficient and can result in improved athletic capacity and fat burning," says Kennedy.

And the bonus is that it has lasting benefits.

"It can also increase resting metabolic rate for up to 24 hours after the workout has been completed."

Some exercises

These exercises can be adapted for those who have an injury. The point is to move intensely (and safely!), rest — and repeat. Here are a few Tabata-style exercises Kennedy recommends.

- **Number 1.** In the water, tread water or swim rapidly for 20 seconds, take a 10-second rest. Repeat eight times. (Have a pool noodle beside you for the break)
- **Number 2.** Sprint from the cottage to the road (20 seconds), rest for 10 seconds. Repeat eight times, back and forth.
- **Number 3.** Grab a yoga mat and get on the dock for burpees! Do 20 seconds of deadman burpees (body coming all the way down to the mat), rest for 10 seconds; repeat eight times.

Best Health

Know your family tree of health



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Do you know the health secrets your ancestors hold? Or even those of your parents? It's important information.

In the September issue of Best Health, coming to newsstands any day now, we've included a comprehensive article about how to

best defend against hereditary health issues such as Alzheimer's disease, depression and stroke.

Tip #1: Create a three-generation chart including siblings, parents, aunts, uncles, cousins and grandparents. Note beside each what known health issues they have, or had.

Tip #2: Write down any major illness you have had, and list your lifestyle habits — healthy or not.

Tip #3:



Know your tree. ISTOCK PHOTOS

Speak with your parents about their health background, but don't be surprised if they

don't really want to have the conversation — persevere. If your parents are no longer

alive, ask an aunt or uncle if they know of family health issues.

Or, refer to copies of family death registrations to find out cause of death.

Tip #4: Be organized and keep any information you've gathered in a digital document. Let other family members know what you have prepared so they can become more knowledgeable, too. For more family health background tools, pick up Best Health magazine.

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3 LIFE

On the Web



Study describes genetic events that lead to malignant childhood brain cancers

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Lasagna gets all rolled up



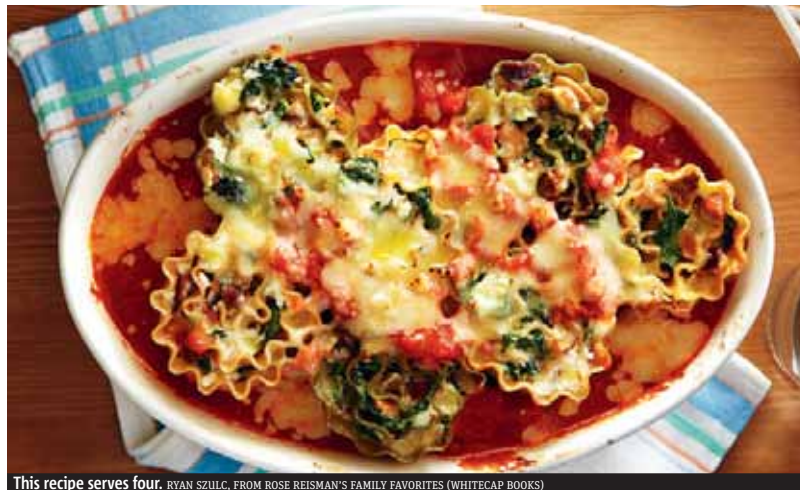
ROSE REISMAN
for more, visit
roserisman.com

Instead of making the usual lasagna, opt for this Mushroom and Spinach Miniature Lasagna Rolls version. I love the idea of rolling cooked lasagna sheets to make individual servings. This is a great vegetarian dish that has all the nutrients you need.

1. Preheat the oven to 400 F.
2. Bring pot of water to boil. Add lasagna noodles and cook

Ingredients

- 8 lasagna noodles
- 2 tsp vegetable oil
- 1 1/2 cups chopped onion
- 2 tsp finely chopped garlic
- 3 cups chopped mushrooms
- 4 cups fresh baby spinach
- 3/4 cup light ricotta (5%)
- 2/3 cup shredded mozzarella
- 1/3 cup grated Parmesan
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 1 1/3 cups tomato sauce
- 3 tbsp shredded mozzarella cheese



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

for about 8 minutes or until the noodles are just tender, stirring often but carefully. Drain and rinse with cold water. Set aside.

3. Coat a large skillet with cooking spray, add the oil and set over medium-high heat. Add onion and garlic and sauté for 5 minutes. Add mushrooms and sauté for 5 more minutes or just until mushrooms are no longer wet. Add spinach and

allow to wilt, about 3 minutes. Remove the skillet from the heat and add the ricotta, mozzarella and Parmesan cheeses, mustard, salt and pepper.

4. Place mix in bowl of food processor and pulse on and off until it is uniformly chopped.

5. Pour 1 cup of tomato sauce into a 9 x 13-inch or 11 x 7-inch casserole dish. Spread about 1/4

cup of cheese mix along length of each sheet. Roll up each noodle and cut in half. Place in baking dish with the ruffled side of lasagna facing up. Pour remaining 1/3 cup of tomato sauce over and sprinkle with grated mozzarella cheese. Cover with foil and bake to 25 minutes or just until heated through and the cheese is melted. Serve hot.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Four steps to theme park food survival



NUTRI-BITES
Theresa Albert, DHN, RNCPT
myfriendinfood.com

Theme park season is upon us and in just one carefree day, you can rack up a few thousand empty calories and a pound or two. Here is how to enjoy the day without paying the price for it.

1. Choose your indulgence

Pick one indulgence and look forward to it. Denying yourself everything, all day won't work and your will power will eventually cave. Tell yourself you will indulge in (fill in the blank) at 3 p.m. and stick to it.

2. Breakfast is still most important

Don't skip breakfast. Have a full meal loaded with protein and fibre from fruit as well as whole grain bread. You will feel fuller starting out and be less tempted.

3. Pack food

If you can, pack a lunch. If you can't, order less than you think you will need and share entrées. Portions in 'fun' places tend to be even larger than our already too big plates.

If you are still at the park over the dinner hour, find a sit-down dinner spot and relax over a good meal. Stick to the one indulgence and avoid all deep fried food. Be sure to have a salad and lots of vegetables (assuming they aren't drowning in butter).

4. Walk it out

Most important: Wear running shoes and walk everywhere. A full eight hours of walking can burn 1,000 calories, which may be enough to cover your indulgence.

Theresa Albert is an author, nutritionist and health communicator in Toronto. She is @THERESAALBERT on Twitter and found daily at MYFRIENDINFOOD.COM.

Exclusively online

- **Video.** Check out metronews.ca for a video of Theresa giving healthy eating tips from Disneyland in California.

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Take Me Home! Darcy



2-year old Darcy was found stray in Halifax. How she came in need of rescue is a sad mystery. Darcy is so gentle and loving it's difficult to imagine anyone parting company with her. We suspect she was someone's companion at one time. Darcy is exceptionally interactive and affectionate & politely meows a warm HELLO to anyone who visits her. If you hold your head close to hers, she snuggles and bumps, warbles and purrs ensuring you are enjoying her company as much as she appreciates yours. We expect she would settle quickly into a home that showered her with the love and attention she deserves. Please drop by the shelter and ask for Darcy. She definitely brightens up the day!

For more information on Darcy and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 468-7877 or info@pas.spcans.ca

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The real estate market could come tumbling down. ISTOCK IMAGES

Is the real estate market sagging? Adopt a strategy for an uncertain future

Alison's Money Rule. Saving, patience and sweat equity should spell success in housing market



YOUR MONEY
Alison Griffiths
money@metronews.ca

A financial shiver just swept across Canada. It started in Vancouver but was soon felt on the Prairies, central Canada and even the Atlantic provinces. Real estate. Is it heading for a fall?

In July the mighty west coast market blinked. Sales were down 18 per cent compared to 2011, the lowest level since 2000.

Real estate was sagging back in the Y2K days because everyone wanted technology. Then, when the tech bubble burst investors, savers and specula-

tors piled into the only secure investment thought to exist — real estate.

What followed has been one of the longest running real estate bull markets in Canadian history. It may be over, or not. Either way those wanting to get into the market or upgrade should adopt a strategy that puts them in a good position if prices really dive. Should the market stay steady you will still be better off by reducing future debt levels.

1. Save, save, save

Building up a strong cash position is job one. Even if prices increase slightly (which they have in many markets despite sales numbers dropping), having lots of cash means a smaller mortgage. Interest rates will rise eventually and could rapidly turn an affordable abode into a financial albatross.

2. Develop skills

Sweat equity is one of the best ways to get into the real estate market or boost your real estate

In numbers

3-5 years

The average length of a flat real estate market following a correction or crash.

investment. You may not know a soffit from a joist hanger but you can learn. Offer to help friends renovate, take a course or volunteer for a community-building project. DIYers can save anywhere from 15 to 80 per cent on various repairs and renovations. With skills you can consider purchasing a fixer upper.

3. Have patience

Don't get sucked into the belief that the market will run away from you. Yes, it would have been nice to buy in Toronto or Calgary circa 1995 but it is more important to ensure you can afford what you buy 10 years from now, regardless of interest rates, than to get in before another real estate explosion.

Teens schooled on ending relationships

Avoiding potential violence. Program aims to help kids break up without any serious acrimony

Andrew Curtin said it happened at least twice at his Boston-area high school in the last year. Angry about a breakup, a boy ended up at the school nurse's office with a broken hand after punching a locker or a wall.

"You don't think about when you see two people walking down the hall, 'Are they in a bad relationship or is it good?'" the 17-year-old Wal-tham High School senior said.

But he was among about 250 teenagers at a seminar at Simmons College on Thursday. And the dating advice was coming from an unlikely source: City government officials.

Boston's Public Health Commission partnered with local social service agencies to put on its third annual Break-Up Summit for teens as part of a \$1 million, four-year grant from Robert Wood Johnson Foundation.

Nationwide, the \$18 million program known as Start



When it comes to relationships, experts say that teens are being strongly influenced by popular culture. STOCK IMAGE

Strong is aimed at teaching teens in 11 cities to prevent dating violence by ending relationships in a way that doesn't spark negative behaviour — cheating, public humiliation, or worse.

Nicole Daley, who heads Boston's Start Strong program, said a bad teenage relationship can lead to problems like depression, low self-esteem, falling academic grades, and even unwanted pregnancies in cases where one partner tries to manipulate the other. There's also the risk of a physically dangerous confrontation.

"In popular media, cheat-

ing is seen as an excuse for violence," Daley said.

Recent studies by the Centers for Disease Control and Prevention showed about 10 per cent of students nationwide reported a boyfriend or girlfriend had physically hurt them in the last year. CDC statistics also showed that among adults who were victims of rape, physical violence or stalking by an intimate partner, 15 per cent of men and 22 per cent of women first experienced some kind of partner violence when they were between 11 and 17 years old.

THE ASSOCIATED PRESS



Job Posting

Position: Graphic Designer
Reporting to: Sales Manager, Metro Halifax
Location : Halifax, Nova Scotia
Posting Date: July 26, 2012

Reporting to the Sales/General Manager, Metro Halifax, the right candidate will join Metro's dynamic and award winning Creative Services team. We're looking for an eager Graphic Designer whose portfolio and experience reflects that of print and who possesses a successful track record of the professional delivery of deadline driven projects in an extremely fast paced environment. The ideal candidate will possess a good knowledge of print design and production, specifically for newspaper and magazine print advertising.

PRIMARY RESPONSIBILITIES:

- Development of creative executions for in-paper retail advertising and print production knowledge
- Quality assurance of design and layout prior to sending to clients
- All other duties as assigned

REQUIREMENTS OF THE POSITION:

- Skilled in print, comprehensive and complete software knowledge including QuarkXPress, InDesign, Adobe Acrobat/Distiller, Photoshop, Illustrator
- Proficient on MAC platform
- Knowledge in optimizing images for web (optimal file sizes, file formats etc) while maintaining small file sizes
- Ability to prep files for print production
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive in a deadline driven, creative and dynamic environment with strong attention to detail (typography, copy, grammar, layout, images, colour etc)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment
- Must be a quick problem-solver, who initiates projects and who takes a pro-active/smart approach
- Post secondary degree or diploma in Graphic Design
- A marketing background and/or work experience at an agency or in marketing would be an asset
- 2-3 years design experience

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to hr@metronews.ca no later than August 25, 2012. PLEASE QUOTE: "Graphic Designer - Halifax" in the subject line. All submissions will be treated as confidential.

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CFL

B.C.'s backup QB plays hero in win over Argonauts

Backup quarterback Mike Reilly's one-yard TD run at 6:19 of the fourth quarter earned the B.C. Lions a hard-fought 18-9 win over the Toronto Argonauts on Monday night.

Reilly, in the game with the Lions' short-yardage squad, scored after the Argos defence had emphatically stopped B.C.'s Andrew Harris three straight times from the one-yard line.

But the defending Grey Cup champions got a fresh set of downs when Toronto's Marcus Ball was called for offside.

THE CANADIAN PRESS



Argos QB Ricky Ray, left, is sacked by Lions defensive tackle Jabar Westerman on Monday. THE CANADIAN PRESS

MLB

Verlander cracks 14 Ks in Tigers win

Justin Verlander matched a career high with 14 strikeouts and got home-run support from Prince Fielder and Miguel Cabrera, leading the Detroit Tigers over the New York Yankees 7-2 Monday night.

Verlander (12-7) threw 132 pitches, his most in a regular-season game, and sent the Tigers to their fifth straight win.

Before this opener of a three-game series, manager Jim Leyland said the Tigers needed a big effort from Verlander. Detroit is chasing Chicago in the AL Central.

THE ASSOCIATED PRESS

NFL

"There's no excuse for it."

New York Jets quarterback Mark Sanchez. About 20 Jets players were involved in a brief brawl during a chippy practice Monday after running back Joe McKnight and safety D'Anton Lynn tangled after a play.



Nathan MacKinnon in action with the Mooseheads last season. RYAN TAPLIN/METRO FILE

Moose trio named to under-18 squad

QMJHL. MacKinnon, Drouin, Fucal amongst the 22 players selected by Hockey Canada



PHILIP CROUCHER
philip.croucher@metronews.ca

Consider it a hat-trick for the Halifax Mooseheads.

Forwards Nathan MacKinnon and Jonathan Drouin, along with netminder Zachary Fucal, were all named Monday to Canada's National Men's Summer Under-18 Team that is competing at the 2012 Memorial of Ivan Hlinka tournament in

the Czech Republic and Slovakia Aug. 13 to 18.

"It's pretty cool to have three guys for the same team make it," MacKinnon told Metro by phone after being selected on Monday night. "Going into the camp, we had high expectations for ourselves. We wanted to be apart of the team and to help try and bring gold back for Canada."

The Mooseheads trio were considered strong bets to be amongst the players named to the squad from the 40 who tried out over the past four days in Toronto.

MacKinnon, who is from Cole Harbour, is touted as a potential first overall pick in next year's NHL draft. Drou-

By the numbers

6

Number of players selected from the Quebec Major Junior Hockey League. The others are forwards Anthony Duclair of the Quebec Remparts, Jeremy Gregoire of the Chicoutimi Saguenéens and Yan-Pavel Laplante of the Prince Edward Island Rocket.

in and Fucal are also seen amongst scouts as players to watch, and this marks first chance for all three to represent Canada on the world hockey stage.

"I've been dreaming about this for a while," MacKinnon said of wearing the Team Canada jersey. "I'm really looking

forward to it."

The squad is made up of 13 forwards, seven defencemen and two goaltenders. They go into the tournament as the four-time defending champions.

Canada is playing in a group with Sweden and Switzerland and host Slovakia. The team will play an exhibition game Saturday against the Czech Republic before opening the tournament next Monday against Switzerland.

"There is a lot of talent on the ice in this country, and we look forward to getting to Europe and continuing Canada's great tradition at this event," head coach Todd Gill said in a statement.



Dartmouth's Emily Hamilton crosses the finish-line to win the women's MACPASS Miles race on Sunday. RALPH SAULNIER/MACPASS MILES

Running. Gorman, Hamilton win MACPASS Miles races over weekend

Even though the Macdonald Bridge was closed on Sunday, it was still super busy.

More than 600 runners had the bridge car-free for MACPASS Miles on Sunday. There were two one-mile races for kids and two for adults, separated by gender.

Perhaps in the Natal Day spirit, the fastest adult runners were from both sides of the harbour.

Daniel Gorman of Halifax won the overall open winner male race with a time of 4:22 and Emily Hamilton of Dartmouth won the overall women's race by clocking in at 5:16.

But both overall youth runners hail from Dartmouth. Billy Parson's time was 4:16 and Ellen Taggart's time was 5:02.

METRO HALIFAX

4 SPORTS

Mobile sports



Over his remarkable career, Michael Phelps has struck deals with a plethora of sponsors. But not everyone at the London Games can be showered with corporate largesse like the most decorated Olympian of all time. Most work one, two, even seven jobs while finding time to train to face fully funded pros. Scan the code for the story.

Last-gasp goal by U.S. ends Canadians' dream of gold

Womens' soccer.

Winner scored with match moments away from penalty kicks. A first bronze medal still possible for Canada

Canada's women's soccer team has suffered Olympic heart-break once again at the hands of its archrival.

Alex Morgan scored in the 123rd minute Monday to lead the No. 1-ranked United States to a 4-3 victory over the seventh-ranked Canadians in the semifinals of the London Olympics, delivering a dagger in the heart of a squad that paced the U.S. goal for goal all night long.

Canada's captain Christine Sinclair recorded a hat trick — goals No. 141 through 143 of her illustrious career — to lead her team in what was almost a massive upset.

But as the possibility of penalty kicks loomed large, Morgan rose to meet a cross and deftly placed a header past Canadian goalkeeper Erin McLeod, continuing Canada's eleven years of hurt. Canada hasn't beaten its North American rival since 2001 — a span of 27 games.

Megan Rapinoe scored twice for the U.S., while Abby Wambach scored on a penalty kick in a gripping game played in the historic confines of Manchester United's Old Trafford Stadium.

Wambach's penalty came after the U.S. was given a free

Next up

- The Canadians will play France for the bronze medal on Thursday in Coventry, while the U.S. will battle Japan, 2-1 winners over the French, in the other semifinal.
- Canada will still play for its first medal in Olympic soccer history, and what would be the country's first Summer Games medal in a team sport — not counting rowing or equestrian — since 1936.

kick outside the Canadian box by Norwegian referee Christiana Pedersen when McLeod was whistled for holding the ball for more than six seconds. Marie-Eve Nault was charged with a handball in the penalty area on the ensuing kick.

"We feel like we didn't lose, we feel like it was taken from us," Sinclair said. "It's a shame in a game like that that was so important, the ref decided the result before it started."

Canadian coach John Herdman was livid with Pedersen.

"She'll have to sleep in bed tonight after watching the replays, she's got that to live with," he said. "We'll move on from this, I wonder if she'll be able to."

Sinclair's first goal came in the 22nd minute and the two teams would trade goals in rapid-fire succession for the rest of the night.

THE CANADIAN PRESS



Christine Sinclair, right, moves the ball against Tobin Heath Monday in Manchester. MIKE RIDWOOD/THE CANADIAN PRESS/HO

Equestrian

Canada falls short in show jumping

Canada had seasoned riders but not the equivalent horsepower to repeat as Olympic medallists in team show jumping.

Ian Millar of Perth, Ont., Eric Lamaze of Schomberg, Que., and Jill Henselwood of Oxford Mills, Ont., finished fifth Monday.

Britain won a jump-off for gold against the Netherlands in front of a frenzy of Union Jacks at Greenwich Park. Saudi Arabia was third.

The trio earned team silver four years ago in Beijing, but all came to London on youthful horses with less experience.

THE CANADIAN PRESS



Ian Millar on horseback Sunday. THE CANADIAN PRESS

Overall performance

Canadian medal haul stalls at 10

Canada has gone back-to-back days without a medal for the first time at these Olympic Games after missing the podium Monday.

After a solid first half, Canada remains stalled at 10 medals, including one gold.

The goal is a top-12 finish in the overall medal standings. Canada is tied for 11th with the Netherlands.

THE CANADIAN PRESS

Tuesday's 3 to watch



Women's basketball

Unlike their U.S. opponents, Canada is in uncharted territory. Canada is playing in its first quarter-finals while anything less than gold will be a disappointment to the Americans.

Time: 10 a.m.

Channel: TSN

Cycling

Edmonton's Tara Whitten stands fourth at the midway point of the six-event omnium at the Olympic Velodrome.

The two-time world omnium champion already won bronze in the women's team pursuit at the Games.

Time: 12 p.m.
Channel: TSN



Men's soccer

The only top contender left in the men's soccer tournament, Brazil has no excuse to leave London without the gold medal. First, though, it will have to get past South Korea in the semifinals.

Time: 1 p.m.
Channel: TSN
THE CANADIAN PRESS/THE ASSOCIATED PRESS

Hurdling. Zelinka gets back on track by qualifying for 100-metre hurdle semis

Jessica Zelinka returned to the track at the London Games on Monday morning and booked a spot in the semifinals of the 100-metre hurdles.

The London, Ont., athlete finished second in her heat with a time of 12.75 seconds. The semifinals will be held Tuesday.

"This was my warm up day and tomorrow will be my race day," said Zelinka.

She'll be joined by Phylicia George of Markham, Ont., and Nikkita Holder of Pickering, Ont., who also made it through qualifying.

Zelinka is looking to rebound from a disappointing seventh-place finish in the heptathlon over the weekend.

She elected to rest on Sunday and wasn't sure exactly what to expect after re-



Jessica Zelinka. THE CANADIAN PRESS FILE

turning to competition.

"I'm just glad I found my legs again and this is just like a reminder saying, 'Body, you're not done, and

Quoted

"This was my warm up day and tomorrow will be my race day."

London, Ont.'s Jessica Zelinka qualified for Thursday's semifinals in the 100-metre hurdles event

tomorrow, keep it going even more," said Zelinka.

It was a productive morning session for Canadian athletes.

Geoff Harris of Halifax advanced in the men's 800 metres with a personal-best time of 1:45.97 while Hilary Stellingwerff of Grand Bend, Ont., and Winnipeg's Nicole Sifuentes each qualified for the semifinals of the women's 1,500 metres.

THE CANADIAN PRESS



Adam van Koeeverden slows his kayak after winning his men's kayak single 1000-metre semifinal in Eton Dorney on Monday.

CHRIS CARLSON/THE ASSOCIATED PRESS

Van Koeeverden sails through semis

Kayak. Ontario native in pursuit of his fourth Olympic medal in Wednesday's eight-man final

It looks like all systems are go for Adam van Koeeverden at the Olympics.

The reigning world champion advanced to the final of the K-1 1,000 metres in the Olympic kayaking competition, winning both his morning heat and semifinal.

But Monday was all about going fast enough to race, and get a good lane, in Wednesday's eight-man kayak final. Van Koeeverden dismissed the

Quoted

"I don't respect somebody who wins in the semi. It's like 'Good job, but the race is Wednesday.'"

Olympic kayaker Adam van Koeeverden

suggestion that his semifinal win in three minutes 28.209 seconds might be a statement.

"Doesn't matter," he said. "These guys don't respect that. I mean I don't respect somebody who wins in the semi. It's like 'Good job, but the race is on Wednesday.'"

And it should be a doozy, with a who's who of kayaking in the field, including two-time world champion

Max Hoff of Germany, who won the other semifinal in 3:29.294 under sunshine at Eton Dorney.

Other finalists include Sweden's Anders Gustafsson, a van Koeeverden training partner who is two-time runner-up at the world; Norway's Eirik Veras Larsen, an Olympic silver medalist in 2008 and gold medalist in 2004; Belarus' Aleh Yurenia, a World Cup winner; three-time World Cup champion Rene Poulsen of Denmark; and 2008 Olympic champion Tim Brabants of Britain.

"I'm putting a lot of pressure on myself, which is good," said van Koeeverden. "I just want to race fast."

THE CANADIAN PRESS

Day 10 results

MEDAL STANDINGS

179 of 302 total medal events

Nation	G	S	B	Tot
China	31	19	14	64
United States	29	15	19	63
Russia	7	17	18	42
Britain	18	11	11	40
Japan	2	12	14	28
France	8	9	9	26
South Korea	11	5	6	22
Germany	5	10	7	22
Australia	2	12	8	22
Italy	7	6	4	17
Netherlands	3	3	4	10
Canada	1	3	6	10
Ukraine	3	0	6	9
Hungary	4	1	3	8
Belarus	3	2	3	8

WHAT CANADA DID

Monday at the 2012 London Olympics

ATHLETICS

Men's 800 — Geoff Harris, Halifax, finished second in his heat and qualified with a time of one minute, 45.97 seconds.

Women's 100 hurdles — All three Canadians entered in first-round qualifying advanced to the next round. Jessica Zelinka, Calgary, finished second in her heat with a time of 12.75. Nikkita Holder, Pickering, Ont., finished fifth in her heat four in 12.93. And Phyllicia George, Markham, Ont., finished second in her heat in 12.83.

Women's 1,500 — Both Canadians entered in first-round qualifying advanced to the next round. Hilary Stellingwerf, Grand Bend, Ont., finished sixth in her heat with a time of four minutes, 57.9 seconds. And Nicole Sifuentes, Winnipeg, finished seventh in her heat in 4:07.65.

Women's shot put — Julie Labonte, Ste-Justine, Que., finished 11th in her qualifying group with a throw of 17.48 metres and failed to advance to the next round.

Women's 200 — Crystal Emmanuel, Toronto, finished fifth in her first-round qualifying heat in 23.10 and advanced to the next round.

Women's 400 hurdles — Sarah-Lynn Wells, Toronto, finished eighth in her semifinal heat in 56.71 and failed to advance to the final.

BOXING

Women's 75kg — Mary Spencer, Wiarton, Ont., lost 17-14 in her quarter-final match to Li Jinli of China.

Men's 91+kg — Simon Kean, Trois-Rivieres, Que., lost 20-6 to Ivan Dychko of Kazakhstan in a men's quarter-final bout.

CANOE-KAYAK

Men's kayak singles 1,000 — Adam van Ko-

everden, Oakville, Ont., won his semifinal heat with a time of three minutes, 28.209 seconds and advanced to the final.

Men's canoe singles 1,000 — Mark Oldershaw, Burlington, Ont., finished second in his semifinal heat in 3:52.197 and advanced to the final.

Men's kayak doubles 1,000 — Ryan Cochrane, Windsor, N.S., and Hugues Fournel, Lachine, Que., finished fifth in their semifinal heat in 3:29.819 and advanced to the final.

CYCLING

Women's omnium — Tara Whitten, Edmonton, is in fourth place overall after three races. She will race for a medal on Tuesday.

EQUESTRIAN

Team jumping — Canada (Jill Henselwood, Oxford Mills, Ont.; Eric Lamaze, Schomberg, Ont.; Ian Millar, Perth, Ont.), finished fifth with a score of 26.

Individual jumping — Millar finished in a tie for 11th place with a score of eight. Lamaze finished in a tie for 22nd with a score of nine.

SAILING

Women's laser radial — Danielle Dube, Glen Haven, N.S., finished 27th after the final rankings with a score of 220.

Men's laser — David Wright, Toronto, finished 23rd after the final rankings with a score of 184.

Men's 470 — Mike Leigh and Luke Ramsay, both Vancouver, are in 24th place after the eighth race.

Men's 49er — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, are in 16th place after the 14th race.

SYNCHRONIZED SWIMMING

Duet — Marie-Pier Boudreau, Riviere-du-Loup, Que., and Elise Marcotte, Quebec City, finished fourth with a score of 189.250 and advanced to the next round.

DIVING

Men's three-metre springboard — Both Canadians entered in the preliminary round advanced to the semifinal. Alexandre Despatie, Montreal, finished ninth with a score of 458.55. Francois Imbeau-Dulac, St-Lazare, Que., finished 12th with a score of 449.30.

SOCCER

Women — Canada lost 4-3 to the U.S. in extra time in the semifinals, despite getting all three goals from Christine Sinclair, Burnaby, B.C. Canada will now play France for the bronze on Thursday.

SOCCER

WOMEN

SEMIFINALS

Monday, Aug. 6

At Wembley, England

Japan 2, France 1

At Manchester, England

United States 4, Canada 3, extra time

BRONZE MEDAL MATCH

Thursday, Aug. 9

At Coventry, England

France vs. Canada, 8 a.m.

GOLD MEDAL MATCH

Thursday, Aug. 9

At Wembley, England

Japan vs. United States, 2:45 p.m.

UNITED STATES 4, CANADA 3

Canada 1 2 0 0-3

United States 0 3 0 1-4

First Half—1, Canada, C.Sinclair, 22.

Second Half—2, United States, M.Rapinoe, 54.

3, Canada, C.Sinclair, 67, 4, United States,

M.Rapinoe, 70, 5, Canada, C.Sinclair, 73, 6,

United States, A.Wambach, 80 (PK).

First Extra Time—None.

Second Extra Time—7, United States, A.Morgan, 120+3.

Yellow Cards—D.Scott, Canada, 60; M.Tancredi, Canada, 79.

Red Cards—None.

Referee—Christiana Pedersen, Norway. **Assistant Referees**—Hege Steinlund, Norway; Lada Roic, Croatia. **Fourth Official**—Hong Eun Ah, South Korea.

BASKETBALL

MEN

Group A			
Country	W	L	Pts
United States	5	0	10
France	4	1	9
Argentina	3	2	8
Lithuania	2	3	7
Nigeria	1	4	7
Tunisia	0	5	5

Group B			
Country	W	L	Pts
Russia	4	1	9
Brazil	4	1	9
Australia	3	2	8
Spain	3	2	8
Britain	1	4	6
China	0	5	5

Monday, Aug. 6

Australia 82, Russia 80

Lithuania 76, Tunisia 63

France 79, Nigeria 73

Britain 90, China 58

Brazil 88, Spain 82

United States 126, Argentina 97

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Horoscopes

Aries

March 21 - April 20

Don't just assume that what is good for others is going to be good for you too. The opposite is likely true. The first rule of life is to do no harm — especially to yourself.

Taurus

April 21 - May 21

Your confidence will reach new heights over the next 24 hours and if you use it sensibly, anything is possible. Remember though that might does not make right. There will always be someone stronger than you.

Gemini

May 22 - June 21

As Venus moves into the money area of your chart today, you won't be quite so worried about how much you spend. But that is not an excuse to splash out on things you don't need. Balance.

Cancer

June 22 - July 23

With Venus, planet of attraction, moving into your birth sign you will get admiring glances wherever you go and whatever you do. You will find both love and excitement today — or, more likely, they will find you.

Leo

July 24 - Aug. 23

The more critics and rivals tell you that some things are not possible, the more you will strive to prove them wrong. Go out of your way to show the world what you are capable of. It's far more than most people realize.

Virgo

Aug. 24 - Sept. 23

You may be inclined to forgive someone who has let you down but unless you want this to become a regular occurrence, you must make it clear that your generosity of spirit stretches only so far.

Libra

Sept. 24 - Oct. 23

Venus, your ruler and planet of attraction, crosses the career angle of your chart today, so most likely you will be praised by everyone. The world admires, and needs, your special talents.

Scorpio

Oct. 24 - Nov. 22

If you can find the right balance between charm and assertiveness today, you can win over someone whose approval you have been seeking for a very long time. Travel plans are well starred too, so get out into the world.

Sagittarius

Nov. 23 - Dec. 21

You need to be more open about what you think and feel because the more you show your vulnerable side, the more other people will open up to you in turn. Let them see you care — like they care.

Capricorn

Dec. 22 - Jan. 20

Venus moving into your opposite sign makes this the ideal time to start something new on either the creative or romantic fronts — or both. Turn on the charm and persuade others to give you the chance you deserve.

Aquarius

Jan. 21 - Feb. 19

For too long you have been focusing on issues that are of no real importance, while neglecting those which should have been dealt with a long time ago. It's not too late to change things. Start now.

Pisces

Feb. 20 - March 20

In all one-to-one situations, both in your personal life and at work, your powers of persuasion will get you out of almost any kind of trouble you may find yourself in.

SALLY BROMPTON

Crossword: Canadian Miscellany

BY MICHAEL WIESENBERG

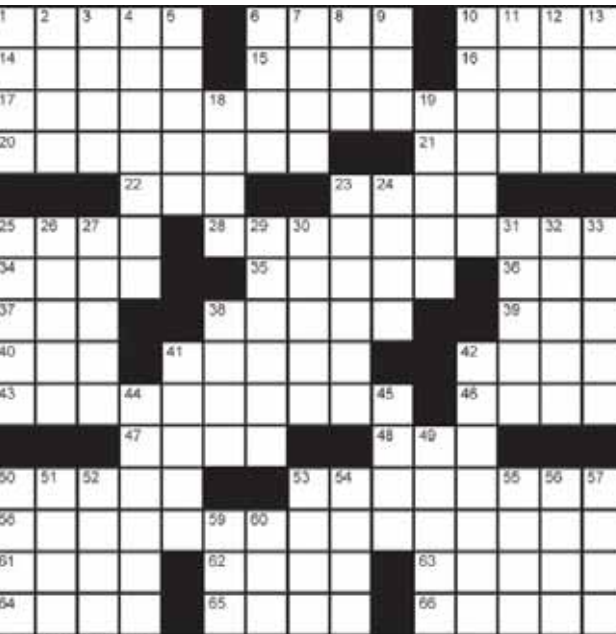
Across

- Action words
- Alta. neighbor
- Lost seaworthiness
- Abraham's son
- Lhasa ____ : small dog
- Bassoon relative
- Victoria's location (2 wds.)
- Wrote (a book)
- List items
- Any of 43-Across: abbr.
- "Mmm-hmm" (2 wds.)
- ____ *La Douce*: 1963 Lemmon-Maclaine film
- Calgary team
- Anon
- Show contempt for, as a contract (2 wds.)
- Clean the kitchen floor
- Solo of *Star Wars*
- Continue without a break (2 wds.)
- Oriental sash
- Halloween mo.
- Pursuits of good reporters
- "I have ____ good authority" (2 wds.)
- They form the Alberta-BC border (2 wds.)
- Aerialist precautions
- For Your ____ Only
- Here: Fr.
- Barracks boss, briefly
- Ottawa team
- Alberta, Saskatchewan, or BC (2 wds.)
- Has ____ with: is connected (2 wds.)
- Fast-moving sport jai ____
- ____ Joe's: diner

- invitation (2 wds.)
64. Pop
65. Iditarod's Alaska terminus
66. Be careless with a bucket

Down

- ____ *Las Vegas*: 1964 Elvis movie
- Biblical Jacob's brother
- Angry outburst
- Winnipeg's Randy ____ : cofounder of 1970s rock band familiarly called BTO
- "Get out of here!"
- Computer menu selection
- Copied
- Letters that once designated Soviet republics
- Goldfish cousin in backyard ponds
- Flew alone, perhaps for the first time
- "I've got ____ feeling about this!" (2 wds.)
- "That's a ____!" (taboo)
- Sneakers brand
- Banquet coffeepots
- At quite an incline
- "I hate to ____ on you, but ..." (ask a lot of)
- Created a web or a tale
- ____ the Sheriff" (2 wds.)
- Disliked insect
- ____ Carlo: Monaco's



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- capital
29. Semis
30. "____ a stinker?": Bugs Bunny line (2 wds.)
31. Overact
32. Automaton
33. PR interpretations
38. 100-metre dash, e.g.
41. Hotel lobby
42. First letter
44. Saskatchewan's capital

45. Comb. form for China, as in ____-Soviet
49. Bat lairs
50. Aromatherapy spots
51. Florence's river
52. Weapon to combat 26-Down
53. Unwanted email
54. Great Lake
55. Having knowledge of
56. Some TVs

57. Actor Green of Austin Powers movies or Adam's third son
59. Bond creator Fleming
60. "Evil Woman" group, briefly

Friday's crossword



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See today's answers at metronews.ca/answers.

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Friday's Sudoku

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7	5	8	1	4	9	2	6	3
2	9	7	6	8	4	3	1	5
3	4	5	7	1	2	6	9	8
6	8	1	9	3	5	7	4	2
5	7	2	8	6	1	9	3	4
8	3	4	5	9	7	1	2	6
9	1	6	4	2	3	5	8	7

	1		5		6		4	
3	4	9					5	7
		3	4	2	8	9		
		7	3	5	1	6		
2	5	6					1	3
	7		1		3		2	

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26°/16°
Variable

Wednesday

27°/17°
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